

Zumba Time

led by your Mini life Coach team

What is Zumba?

Zumba is an amazing way to keep fit and healthy whilst having fun! It is dance fitness, which also requires warm-ups and cool-downs at the start and end of each session.

What will you be doing?

During your 4 week course, you will learn many routines and on the last week you will be split into groups and you'll be able to make up your own routine.

What does Zumba look like?



WHEN IS ZUMBA TIME ON?

Zumba time will be on in Miss Wright's classroom on Tuesday lunch times for 8 weeks at 12:30.

Before the first half term it will only be on for years 3 and 4 and after half term it will be offered to years 5 and 6.

Please bring your P.E kit for each session!



THANK YOU FOR LISTENING

BY FIN, BEN T, OLIVIA AND ERIN